

Volume 26, Number 2 • February 2011

our firm FOUNDATION

*The Immutable Law of God • Christ Our Righteousness
The Seventh-day Sabbath • The Three Angels' Messages
The Non-Immortality of the Soul • The Sanctuary*

**COVER
STORY:**

VITAL CONNECTION WITH CHRIST Necessary

ALSO IN THIS ISSUE:

The Bible Museum Opened - Writing-table of Zacharias

Redemption Of The First-Born

The Lord Our Refuge

A New Year's Letter

The 144,000 - Who Are They?

Heaven: Real, or Too Fantastic to Believe?

An Infinite Giver

The Power Of Pentecost

Ye Are Not Your Own

Health Gem - High Blood Pressure

Editorial

Clark Floyd



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

As I sit and think about this editorial, it is the second week in January. We have been snowed in for almost two weeks. We do have someone coming to plow us out today. We are in the fairly high mountains of Western North Carolina (about 3400 feet). We have lived here for over sixteen years. We long ago accepted the counsel of our prophet to get out of the cities, but at the same time we realized that it would be hard work to live in the country.

We have three woodstoves, two of which we have been burning day and night for the past two weeks as well as many other nights when the temperature has been low. Country living is not easy. We have had to work hard to keep everything going. We are totally off the grid, and have gravity flow water to our house.

We first experienced this type of living for the year and a half that we lived in the Polebridge, Montana area across from Glacier National Park in the early 90's. Temperatures were much colder there in the winter. We were also off the grid there.

I walk my dogs almost every morning—now through deep snow, up and down some pretty steep roads. I also need to prepare my wood during the spring and summer, and some even during the winter. I have used a gas and an electric log splitter for some of the wood, but I hand split about half of it.

The spring, summer and autumns are beautiful in this area. We are surrounded by huge Locust, Poplar and Oak trees. The fall colors are gorgeous. Winter is beautiful, but cold.

We do have several blueberry bushes and have blueberries for breakfast July through October. We gardened on a fairly large scale when we first came here, but

haven't done so for the last few years. We hope to begin again this Spring. Our lives are intensely busy. Mine with preaching, writing, editing this magazine, keeping our property in order, and supplying our wood needs. My wife has a kitty adoption agency—Marypaws.com and Marypaws.org on the internet. We have had an outreach to many people through this means. She spends many hours keeping the cats in a very clean condition in our "kitty cottage".

The home we live in is two antique log cabins; one built and dated in December, 1888 on this same property on a lower level, and in 1979 moved to its present site. The other was brought in from Blackwater, Virginia, log by log and restored; it is over 100 years old.

I am sharing all of this to let you know

"There is not one family in a hundred who will be improved physically, mentally or spiritually by residing in the city."

that country living is not easy, but we love it. It has kept Mary and me in top physical condition, especially for our ages. It has also worked in developing our characters.

Among the many statements Ellen White has given in regard to country living, here are a few:

"The Lord desires His people to move into the country, where they can settle on the land, and raise their own fruit and vegetables, and where their children can be brought in direct contact with the works of God in nature. Take your families away from the cities, is my message." 2 SM 357, 358.

"There is not one family in a hundred

who will be improved physically, mentally or spiritually, by residing in the city. Faith, hope, love, happiness, can far better be gained in retired places, where there are fields and hills and trees." AH 137.

But there are also cautions: "Let everyone take time to consider carefully and not be like the man in the parable who began to build and was not able to finish. Not a move should be made but that movement and all that it portends are carefully considered—everything weighed...." 2 SM 362, 363.

For those who cannot get away now, she has counseled, "As the siege of Jerusalem by the Roman armies was the signal for flight to the Judean Christians, so the assumption of power on the part of our nation, in the decree enforcing the

papal Sabbath, will be a warning to us. It will then be time to leave the large cities, preparatory to leaving the smaller ones for retired

homes in secluded places among the mountains." 5T 464, 465.

We love our country living, although, at times, especially during the winters, when we are snowed in, we would like to be able to get out and around better. We bought our property when property was much cheaper, although with the current economic conditions, this may be an ideal time for buying, or renting.

Dear Reader, country living may not be right for you, but it is something you may want to consider more as the signs around us seem to indicate that living in the cities may not be the best under current conditions. May God be your guide!

Our Mission:

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

Executive Director:

Joe Olson
executivedirector@hopeint.org

Editor:

Clark Floyd
editorial@hopeint.org

Director of Hope For Health:

Heather Olson, N.D., R.N., C.H.
hopeforhealth@hopeint.org

Bookstore Manager:

Kaye Olson
shipping@hopeint.org

Layout & Design:

Jessica Sipe
www.wavelinedirect.com

About Hope International:

We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God's Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

Invitation to Writers

We are accepting article-length manuscripts (1700 to 4000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, P.O. Box 220, Knoxville, IL 61448, or by email to editorial@hopeint.org.

Subscription Information: See page 29 • Shipping & Sales Tax: See page 29

Content credited in this publication is the property of its respective owner(s) and is licensed or used with permission. Other items are the property of Hope International.

cover story

05 Vital Connection With Christ Necessary
Mrs. E. G. White

features

04 The Bible Museum Opened *A.L.O.E*

08 Redemption Of The First-Born
Elder J. G. Corliss

09 The Lord Our Refuge
William Brickley

10 A New Year's Letter

12 The 144,000 - Who Are They?

16 Heaven: Real, or Too Fantastic to Believe?
Joe Olson

21 An Infinite Giver
Mrs. E. G. White

22 The Power Of Pentecost
Meade MacGuire

24 Ye Are Not Your Own
Joel Swartz

departments

02 Editorial

25 Christian Crossword

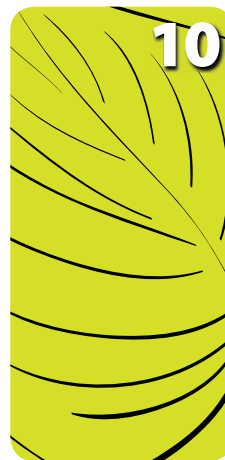
26 Health Gem
High Blood Pressure

28 News Watch

31 Ellen White Quotes

ad features

30 Cholester X



The Bible Museum Opened



The narrative portions of the Holy Scriptures are full of striking biographies of those whose virtues are set before us as examples, or whose errors as warnings. We are led, as it were, into a Gallery of Portraits, drawn with faultless accuracy by a sunbeam. But besides these portraits there are many objects of deep interest for the student of Scripture, the accounts of which have been “written for our learning”, objects which we are intended to contemplate with earnest attention, and from which we may draw deep spiritual lessons.

writing-table of zacharias

Though mentioned but once in Scripture, there are circumstances which invest the writing-table of Zacharias with peculiar interest, as on it may be said to have been traced the first written sentence of the Gospel—the fulfillment of the words of the angel, with the name of him of whom the prophet Isaiah had foretold, that he should be “a voice crying in the wilderness, Prepare ye the way of the Lord.” As soon as Zacharias had written the words, “His name is John”, what a thankful utterance of joy burst from the lips of the aged father! He that had been dumb now spake—his mouth was opened at once to prophesy and to praise. Zacharias was filled with the Holy Ghost, as his venerable wife had been before, and rejoiced in the Day-spring from on high, that was rising to give light to them that had long sat in darkness and in the shadow of death.

The latter days of four aged saints

As the rosy clouds, flushed with his upward beams, seem to cradle the rising sun, so we find, at the first advent of the Sun of Righteousness, a holy radiance brightening the latter days of four aged saints, who were chosen, as it were, to reflect the first rays of coming glory, and bear witness to the Messiah. First Elisabeth, then her aged husband, afterwards the venerable Simeon and Anna, gave thanks to the Lord, and spoke of the coming blessing to all them that looked for redemption in Zion. The song of the one seems to have been appropriate to all: “Lord now let Thy servant depart in peace, for mine eyes have seen Thy

salvation.” With these saints, indeed, was the hoary head a crown of glory, for it was found in the way of righteousness.

As Christians sleep in death, Heaven is only a resurrection away

The spirit of wisdom granted to these four aged believers reminds us of the words of the poet—

“Both worlds at once they view,
Who stand upon the threshold of the new;”
and lead us to reflect upon some of the privileges of a holy old age. When a Christian lady was once speaking of the different generations in a family, she remarked, “It is like a ladder—happy those who are near the top!” The observation contrasts strikingly with Moore’s melancholy regrets for departed youth, and gloomy views of advancing age—“Dim lies the path to death before me.”

Age is commonly described by the expression, “descending into the vale of years”: with Christians, it should rather be, mounting towards the height of Piscah; not going down into darkness, but up into light—nearer to God, and nearer to Heaven. For, as we sleep in death, Heaven is only a resurrection away.

The old speak from experience

Thus it was with the four New Testament saints on whom we are reflecting; and the privilege which was granted to them, of witnessing to God’s truth and rejoicing in His salvation, seems to be the especial portion of aged believers in every generation of mankind.

The old in years can, in a peculiarly forcible manner, witness to the truth and faithfulness of God. “I have been young, and now am old,” said David, “yet have I not seen the righteous forsaken, nor his seed begging bread.” “Behold, this day I am going the way of all the earth,” cried the venerable Joshua; “not one thing hath failed of all the good things which the Lord your God spake concerning you.” Such words had additional weight from the very fact that those who uttered them were aged. When the old tell of the goodness of God—His power to sustain in trouble and to guide in difficulty—they speak, not merely of what they believe, but what they have experienced.

“Even to your old age I am He...”

The respect due to the aged is enforced by the command of the Most High: “Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the Lord.” The law is general; but never do we more strongly feel its force than when the hoary head has the halo of piety around it—when the old man, like Zacharias, stands up as a witness for God. His feeble broken accents may then have more power than the most fervid eloquence of the young, to lead the heart to trust in the love of Him who so fulfils His promise: “Even to your old age I am He, and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you.”

Age has its own peculiar trials

But if age has its privileges, it has also its own peculiar trials, especially in the case of the childless, and those who are encompassed with many infirmities. Solomon calls theirs “evil days, . . . when thou shalt say, I have no pleasure in them; . . . strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows be darkened, . . . and fears shall be in the way, . . . and the grasshopper shall be a burden, and desire shall fail.” How touching and how true a picture is here given of decrepit age, bowed down with febleness and infirmity! When loneliness is added to all this—when the childless man has outlived all the companions of his youth, and the years of his long life have been marked out by gravestones—how deeply does he claim the sympathy and compassion of his brethren and sisters in the Lord! He may have a long, tedious time of waiting by the banks of Jordan, while they who behind him press on before him; and though the prospect on the other side of “the narrow stream” be ineffably fair, on this side it is indeed a dry and barren wilderness to him.

God acts towards His feeble servants as a tender mother towards her child

But there is divine love even in the decree that so often weakens the powers and dims the faculties of the aged. Very beautiful is the simile used by a departed authoress, when, alluding to the decay of sight and hearing which is natural to



extreme old age, she remarks, that God acts towards His feeble servants as a tender mother towards her child as the time for rest approaches: she draws the curtain to shut out the light, and stills every sound in the chamber, that, the outer world excluded, her beloved may more quietly sink into slumber. We may draw out the parallel further. When the memory ceases to retain its grasp upon what were once objects of interest, what is it but the same loving Parent gently taking from the child the toys of life's little day as the evening shades fall around, and laying aside whatever might keep the mind restless and awake? God's love is remembered when the things of earth are forgotten.

The aged and dying Christian whose memory has failed will still remember the Lord Jesus

Who has not heard of the Christian, aged and dying, whose memory had so failed that he knew none of the friends around him, not even the wife, so fondly beloved; but when he was asked, "Do you know the Lord Jesus?" that name was so deeply imprinted in the heart and memory that the erasing of all besides left it but more distinctly legible, and the saint, in his second childhood, exclaimed, "Precious Saviour! He is my only hope." So, to pursue the simile, though the light was darkened and the room stilled, and all that had once delighted the senses was put away, God's child felt beneath him the everlasting arms, and knew the voice of the Parent hushing him to that sleep from which the same voice should awake him to life and to joy in the dawn of the everlasting day.

The life of Zacharias was devoted to the service of God

Such are a few thoughts suggested by a relic of the aged Zacharias, the saint well stricken in years, whose latter days were, we doubt not, his brightest and best. We know nothing of the struggles of his youth or the efforts of his manhood; but we know that the angel's visit and the message from God—the father's rejoicing, and the prophetic hymn inspired by the Holy Spirit—were reserved for the evening of a life which had been devoted to the service of God.



VITAL CONNECTION WITH CHRIST Necessary

By Mrs. E. G. White

Those who are truly children of God are believers, not doubters and chronic grumblers. They believe in Jesus Christ as their personal Saviour. They believe that "God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." They believe that "he that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him."

THE LORD IS WAITING TO BE GRACIOUS TO HIS PEOPLE

Through all ages and in every nation those that believe that Jesus can and will save them personally from sin, are the elect and chosen of God; they are his peculiar treasure. They obey his call, and come out of the world and separate themselves from every unclean thought and unholy practice. The Lord has graciously opened out to our understanding by the Holy Spirit rich truth, and we should respond to this by corresponding works of piety and devotion, in harmony with the superior privileges and advantages that have been bestowed upon us. The Lord is waiting to be gracious to his people, to

give them an increased knowledge of his paternal character, of his goodness, mercy, and love. He waits to show them his glory; and if they follow on to know the Lord, they shall know that his goings forth are prepared as the morning.

THE GREAT PROPORTION OF GOD'S PROFESSED PEOPLE HAVE NOT HAD FAITH IN CHRIST AS THEIR PERSONAL SAVIOUR

The people of God are not to stand upon common ground, but upon the holy ground of gospel truth. They are to keep step with their Leader, looking continually to Jesus, the Author and finisher of their faith, marching onward and upward, and having no fellowship with the unfruitful works of darkness. It is impossible to tell what might have been the character and condition of the church today, had its members been doing the works of Christ. It is a sad fact that the great proportion of God's professed people have not had faith in Christ as their personal Saviour. If they had believed the promises of God on record for them, they would have been daily receivers of the grace of God, and would have overcome through the merits of a crucified and risen Saviour.

WE ARE TO BE DISTINGUISHED FROM THE LOVERS OF THE WORLD

It is the privilege of the children of God to be delivered from the control of the lusts of the flesh, and to preserve their peculiar, heavenly character, which distinguishes them from the lovers of the world. In their moral taste, in their habits and customs, they are separate from the world. Who are the children of God?-- They are members of the royal family, and a royal nation, a peculiar people, showing forth the praises of him who hath called them out of darkness into his marvelous light. They do not worship idols, they love God with all the heart, and their neighbors as themselves.

MANY PERMIT THEMSELVES TO BE ATTRACTED AND HELD BACK THROUGH THE INFLUENCE OF COMMON, SENSUAL THINGS

The people of God might be far in advance of what they are now, if they would sincerely and perseveringly connect daily with Christ. They do not press forward, and attain unto the things that are before, because they permit themselves to be attracted and held back through the influence of common, sensual things. The devotion and experience of the professed people of God are not in harmony with the light and privileges that God has given them. They are to be children of the light, children of the day, and yet many who have had exalted privileges fail to manifest corresponding faith and works. Jesus says to them as he said to the city wherein he had done mighty works, and where they failed to appreciate the light and to conform their life to it, "Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works, which were done in you, had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes."

MANY HAVE FAILED TO SET THE EXAMPLE THEY SHOULD HAVE SET

Many who claim to believe the truth, who have been blessed with great light, who have had great opportunities set before them, have yet come far short of



reaching the high and holy standard that they would have reached if they had been doers of the words of Christ; and they have failed to set the example that they should have set before those who have had less experience than themselves in the Christian life, and before those who know not God, or Jesus Christ whom he hath sent.

THOSE WHOM THEY CONDEMN MAY HAVE HAD BUT LITTLE LIGHT

Among the professed children of God, how little patience has been manifested, how many bitter words have been spoken, how much denunciation has been uttered against those

not of our faith. Many have looked upon those belonging to other churches as great sinners, when the Lord does not thus regard them.

Those who look thus upon the members of other churches, have need to humble themselves under the mighty hand of God. Those whom they condemn may have had but little light, few opportunities and privileges. If they had had the light that many of the members of our churches have had, they might have advanced at a far greater rate, and have better represented their faith to the world. Of those who boast of their light, and yet fail to walk in it, Christ says, "But I say unto you, It shall be more tolerable for Tyre and Sidon at the day of judgment, than for you. And thou, Capernaum [Seventh-day Adventists, who have had great light], which art exalted unto



heaven [in point of privilege], shalt be brought down to hell: for if the mighty works, which have been

done in thee, had been done in Sodom, it would have remained until this day. But I say unto you, That it shall be more tolerable for the land of Sodom in the day of judgment, than for thee." At that time Jesus answered and said, "I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent [in their own estimation], and hast revealed them unto babes."

OUR INSTITUTIONS ARE TO BE MANAGED, NOT AS WORLDLY INSTITUTIONS ARE MANAGED, BUT AFTER GOD'S ORDER

"And now, because ye have done all these works, saith the Lord, and I spake unto you, rising up early and speaking, but ye heard not; and I called you, but ye answered not; therefore will I do unto this house, which is called by my name, wherein ye trust, and unto the place

which I gave to you and to your fathers, as I have done to Shiloh. And I will cast you out of my sight, as I have cast out all your brethren, even the whole seed of Ephraim."

The Lord has established among us institutions of great importance, and they are to be managed, not as worldly institutions are managed, but after God's order. They are to be managed with an eye single to his glory, that by all means perishing souls may be saved. To the people of God the testimonies of the Spirit have come, and yet many have not taken heed to reproofs, warnings, and counsels.

THIS PEOPLE HATH A REVOLTING AND A REBELLIOUS HEART

"Hear now this, O foolish people, and without understanding; which have eyes, and see not; which have ears, and hear not: fear ye not me saith the Lord: will ye not tremble at my presence, which have placed the sand for the bound of the sea by a perpetual decree, that it cannot pass it: and though the waves thereof toss themselves, yet can they not prevail; though they roar, yet can they not pass

over it? but this people hath a revolting and a rebellious heart; they are revolted and gone. Neither say they in their heart, Let us now fear the Lord our God, that giveth rain, both the former and the latter, in his season: he reserveth unto us the appointed weeks of the harvest. Your iniquities have turned away these things, and your sins have withholden good things from you. . . . They judge not the cause, the cause of the fatherless, yet they prosper; and the right of the needy do they not judge. Shall I not visit for these things? saith the Lord; shall not my soul be revenged on such a nation as this?"

Shall the Lord be compelled to say, "Pray not thou for this people, neither lift up cry nor prayer for them, neither make intercession to me: for I will not hear thee"? "Therefore the showers have been withholden, and there hath been no latter rain. . . . Wilt thou not from this time cry unto me, My father, thou art the guide of my youth?"

WE ARE TO PLACE OUR WILL ON THE SIDE OF THE LORD'S WILL

Will not those to whom have been committed the treasures of truth, consider the superior advantages of light and privilege that have been purchased for us by the sacrifice of the Son of God on Calvary's cross? We are to be judged by the light that has been given us, and we can find no excuse by which to extenuate our course. The Way, the Truth, and the Life has been set before us. Many seek to excuse themselves by saying, "You must not judge me by some weak trait of character, but consider my character as a whole."

We always feel deep pain at heart when the sinner seeks to apologize for his sin, to smooth it over, and fails to realize the danger

of cherishing one un-Christlike attribute of character. We are to place our will on the side of the Lord's will, and firmly determine that by his grace we will be free from sin. Sin is the transgression of



the law, and it is not the magnitude of the action in iniquity that stamps it as sin. Adam and Eve were prohibited from eating of the tree of good and evil. The test was a slight one, but the act of disobedience to God was the transgression of his law.

IT IS A DELUSION OF SATAN TO LOOK UPON ANY SIN AS TRIVIAL

The little sins that men think are of so trivial a character that on their account they will not be brought into condemnation, are very offensive in the sight of God. Says one, "You are too severe, a man must be allowed these little defects of character." Let us hear the words of Christ. He says, "Whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." People venture to commit sins that are grievous in the sight of God, and think that they are not to be called to task for them, because they say they are due to nervousness, to a peculiar temperament; but this is simply soothing the conscience, and crying, "Peace, peace, when there is no peace." Sin is sin, and it is the delusion of Satan to look upon it in any other light than that it is grievous.

WE MUST PERMIT GOD TO CUT SIN OUT OF OUR HEARTS

We may flatter ourselves that we are free from many things of which others are guilty; but if we have some strong points of character, and but one weak point, there is yet a communion between sin and the soul. The heart is divided in its service, and says, "Some of self and

some of thee." The child of God must search out the sin which he has petted and indulged himself in, and permit God to cut it out of his heart. He must overcome that one sin; for it is not a trifling matter in the sight of God.



THE LORD HAS NOT GIVEN US A LIST OF GRADED SINS

One says, "I am not the least jealous, but then I do get provoked and say mean things, although I am always sorry after giving way to temper." Another says, "I have this fault or that, but then I just despise such and such meanness as is manifested by a certain person of my acquaintance." The Lord has not given us a list of graded sins, so that we may reckon some as of little consequence, and say that they will do but little harm, while others are of greater magnitude and will do much harm. A chain is no stronger than is its weakest link. We might pronounce such a chain good on the whole, but if one link is weak, the chain cannot be depended on. The work of overcoming is to be the study of every soul who enters the kingdom of God. That impatient word quivering on your lips must be left unspoken. That thought that your character is not rightly estimated must be put from you; for it weakens your influence, and works out the sure result, making you of light estimation in the minds of others. You should overcome the idea that you are a martyr, and lay claim to the promise of Christ, who says, "My grace is sufficient for thee."

RH, August 1, 1893



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.

Redemption Of The First-Born

By Elder J. G. Corliss • (Battle Creek, Mich.)

God's promise to Abraham gave the land of Canaan to the promised seed of Abraham. In his haste to see the promise fulfilled, the patriarch indiscreetly took matters into his own hand, and the result was the birth of Ishmael. In that fervent expression before God, "O that Ishmael might live before thee!" was revealed the hope that, after all, this son of unbelief might be counted as the promised seed. But this was not to be; Ishmael was a child "born after the flesh," but the true heir was to be born "by promise." So after Isaac was brought forth, and the Lord desired to test Abraham's faith a little further, he one day said to the patriarch: "Take now thy son, thine only son Isaac, whom thou lovest, ... and offer him for a burnt offering." Gen. 22:2.

Ishmael was not counted as Abraham's seed

The expression "thine only son" shows that Ishmael was not counted as Abraham's seed. Isaac was, in God's mind, the first born, and the one alone through whom the seed of Abraham was to be reckoned. Jacob, the son of Isaac, with his family, went to Egypt to sojourn. At the end of two hundred and fifteen years, the Lord undertook to bring out of Egypt the descendants of Abraham and Isaac, notwithstanding they had forgotten God, and so lapsed into idolatry of the grossest kind.

Through Isaac the nations were to be blessed

But though many of these people were veritable heathen, they were still the descendants of Isaac, the promised son of Abraham, through whom the nations of the earth were to be blessed. So when God sent Moses to demand their release, he told him to say: "Thus saith the Lord, Israel is my son, even my first-born: and I say unto thee, Let my son go, that he may serve me: and if thou refuse to let him go, behold I will slay thy son, even thy first-born." Ex. 4:22, 23.

The destroying angels took the lives of all the first-born of Egypt

Pharaoh not only refused to let the Lord's first-born go, but he haughtily asked, "Who is the Lord, that I should obey his voice to let Israel go?" By the hand of Moses, God wrought many signs to convince the stubborn monarch of his mighty power, but the king remained unmoved. At last the destroying angel was commissioned to take the lives of all the first-born of Egypt, from the first-born of the king to the first-born of the lowest servants, and also of the first-born of the beasts. Ex. 11:5.

The first-born of Israel escaped, and all Israel was saved

All this was done in one terrible night, and a great cry went up throughout all Egypt. The first-born of Israel, however, escaped, and through them, as representatives of the whole people, all

Israel was saved. They were saved by each household's slaying a lamb, and taking of its blood, and putting it upon the lintel and door-posts of their houses. This blood being in sight, the destroying angel passed over the houses where it was found, and thus the inmates were saved alive.

This salvation of Israel's first-born was the setting of them apart to be the Lord's. The Lord therefore commanded: "Sanctify unto me all the first-born, ... among the children of Israel, both man and beast: mine shall they be." Num 3:13.

God chose the tribe of Levi for the priesthood

Under the earlier patriarchal economy, the first-born son was the priest of the family. But when Israel was redeemed from Egypt, God chose the tribe of Levi for the priesthood, instead of the first-born of each family. Num. 3:12. Therefore every first-born from that time forward must be redeemed with some sacrifice, as prescribed by the law. Ex. 13:12-16.

A reminder of God's promise to the seed of Abraham

All this carried a double signification. It kept in mind that the first-born belonged to God, as his special representative in the family relation; and the payment of the stipulated price preserved the original right of that child to the position given him of God. But it was more; it was a memorial of the preservation of all the first-born of Israel when God delivered his people from Egyptian bondage. Further than this, it was also a reminder of God's promise to the seed of Abraham, which was to be fulfilled through the first-born and only begotten Son of God, of whom Isaac himself was the type.

A more precious Passover sacrifice

So the presentation of a first-born before the priest, and offering the sacrifice prescribed by the law on such occasion, came to be a type of another and more precious Passover sacrifice, the blood of which was to be sprinkled upon the hearts of men, to save them from the destroying angel at the final deliverance of God's people. The apostle recognized this far-reaching symbolism of those offerings when he said, "For even Christ our Passover is sacrificed for us." 1 Cor. 5:7.

Jesus was David's son and heir

As the seed of Abraham, the infant Lord himself was brought to the temple, and the usual offering was made for his recognition as the first-born. He was the true seed of Abraham, yet he said, "Before Abraham was, I am." John 8:58. Tracing his pedigree from Abraham, he was David's son and heir, yet he proclaimed himself the "root" and "Lord" of David. Rev. 22:16; Ps. 110:1. And while he was Mary's first-born, he was also the first-born of every creature. Col. 1:15. So also while he was an infant in arms, he was the One "whose goings forth have been from of old, from everlasting," or as the marginal reading has it, from "the days of eternity." Micah 5:2.

The end of all the shadowy ceremonies

And here the figure stops—gives way to the substance. This is the end of all the shadowy ceremonies of the days of old. What the people had to be content with seeing in the distant future, as through a glass darkly, we see as face to face, and reap the benefit of all the knowledge of ages past. May it prove to be our eternal life.

THE LORD OUR REFUGE

By William Brickey

*My helpless soul is clinging, Lord, to thee;
Dear Saviour, cast me not away;
Thou Son of God, whose blood was shed for me,
O hear me while I humbly pray.*

*When sickness, pain, and sorrow overtake,
My fainting soul in anguish sighs;
When neighbors, friends, and brethren all forsake,
My Lord, then hear my humble cries.*

*Be thou my covert in the raging storm,
Strong tower, in which I may retreat;
In furnace of affliction be thy form
My refuge from the fiery heat.*

*When floods of persecution round me rage,
And deluge me with grief and fear,
O let my weakness then thy powers engage
To keep the angels hovering near.*

*If bonds and prisons hold me in embrace,
Or chain-gangs shall my portion be,
O manifest to me thy saving grace,
That I may ever trust in thee.*

A New Year's Letter-- January 15, 1903

Elmshaven, Sanitarium, Cal., Jan. 4, 1902.

My Dear Brethren and Sisters:



The old year, with its burden of record, has passed into eternity, and the New Year has begun. Let us gather up the treasures of the past year--our remembrances of God's goodness and mercy--and carry them with us into the New Year. Let us brighten the future by the thought of past blessings.

"Work out your own salvation with fear and trembling. For it is God which worketh in you, both to will and to do of His good pleasure." Let us cooperate with the Lord Jesus. Only thus shall we be able to accomplish our part of the work. He is our efficiency. He will give us power. Let us plant our feet firmly on the platform of eternal truth; then we may know that over us is the protection of God.

Oh, what wonderful blessings and opportunities God has in store for those who wear Christ's yoke! Trouble comes to us because we manufacture yokes for ourselves, refusing to wear the yoke of Christ.

"Being justified by faith, we have peace with God through our Lord Jesus Christ." To be justified means to be pardoned. To those whom God justifies He imputes Christ's righteousness; for the Saviour has taken away their sins. They stand before the throne of God justified and accepted. They have crucified self, and Christ abides in their hearts.

My brethren and sisters, during this New Year let there be among you no accusing. This is the work of the enemy. If he can lead professing Christians to accuse and condemn, he is served as he desires to be. Let no one, by yielding to

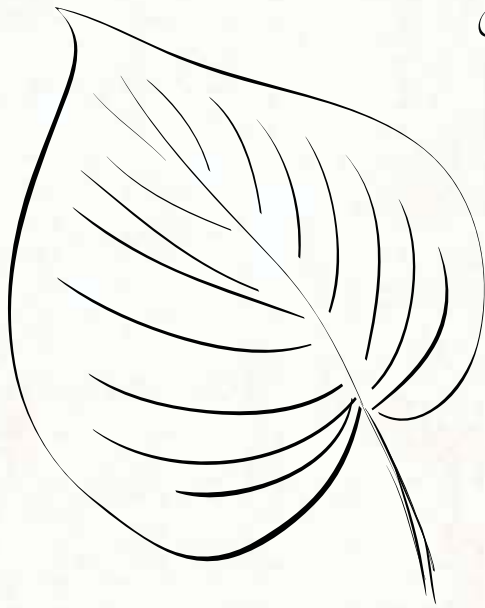


feelings of envy, weaken the hands of his brother, so that the work entrusted to him is marred.

Be very careful how you carry reports. Often what you tell to others, though seeming to you to be truth, is misrepresentation. Thus false conclusions are formed. Thread after thread of misrepresentation is woven into the web, until the pattern is spoiled. Oh, how many hearts are grieved and wounded because of statements made by those who do not really know that what they report is true! How much pain is caused by cruel handling of reputation! The course of those who utter the slander would be just as dark if represented as they represent the course of the one whom they are accusing.

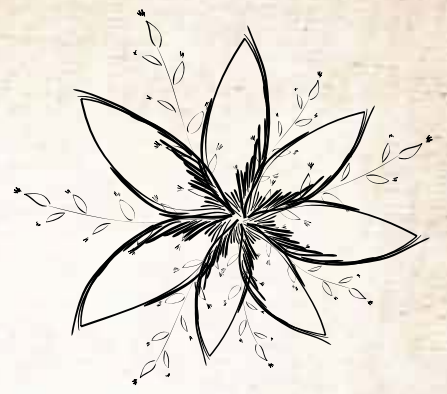
Ask you to study the eighteenth chapter of Matthew and the thirteenth chapter of first Corinthians. Pray earnestly for grace, and then prepare your hearts to receive the answer to your prayer.

We are being tested and tried. May the Lord of heaven shut us in with Him, that the wicked one may have no power over us.



Often, when the Lord works upon a certain man's mind to do certain things for the advancement of His work, another man thinks that he can see defects in his fellow-worker's efforts. Let him keep to his own work. The Lord, who sees the end from the beginning, will fulfill His purposes. He will unite with the one to whom He has entrusted His work, and will bring about its accomplishment. He knows just what is needed.

Christ is the great Master-worker. We are laborers together with Him. He has a right to give each one his work. And let each one be sure to do the work given him. He who neglects his definite work for the work that some one else has in charge is out of place. Thus time is lost, confidence abused and shaken, and the work hindered. When we learn to attend closely to our own work, the Lord will help us, and all parts of His cause will move in harmony. Ellen G. White, *Pacific Union Recorder*, January 15, 1903.



THE 144,000 WHO ARE THEY?

“Upon the crystal sea before the throne, that sea of glass as it were mingled with fire—so resplendent is it with the glory of God—are gathered the company that have ‘gotten the victory over the beast, and over his image, and over his mark, and over the number of his name’. With the Lamb upon Mount Zion, ‘having the harps of God’, they stand, the hundred and forty and four thousand that were redeemed from among men; and there is heard, as the sound of many waters, and as the sound of a great thunder, ‘the voice of harpers harping with their harps’. And they sing ‘a new song’ before the throne, a song which no man can learn save the hundred and forty and four thousand. It is the song of Moses and the Lamb—a song of deliverance. None but the hundred and forty-four thousand can learn that song; for it is the song of their experience—an experience such as no other company have ever had. ‘These are they which follow the Lamb whithersoever He goeth.’ Rev. 15:2-3; 14:1-5.” GC 648,649.



The 144,000 are an end-time people

Brothers and sisters, what a picture the Bible and the Spirit of Prophecy paint in regard to that special group that we know as the one hundred forty-four thousand! They have special characteristics that make them different from any other group

of people who have ever lived upon this earth. They are an end-time people who never taste of death. Just think, you and I have the opportunity of being among this very special group. In fact, Ellen White tells us that we should “strive with all the power that God has given us to be among the hundred and forty-four thousand”. Mar 241. I pray that this article will encourage you to so strive.

Visions of that special number

Not only John the Apostle, but also Ellen White, our modern-day prophet, was given a vision of the one hundred forty-four thousand. Both visions showed the special group, not on earth during the great tribulation that they will have to pass through, but in heaven after this great controversy is ended. Ellen White’s vision was also connected with other worlds that have never fallen. What a joy it was for Sister White to view the scenery, the people, the fruits of these unfallen worlds! After such a view, Ellen White did not want to return to this earth. Listen to her conversation with her companion angel: “I begged of my attending angel to let me remain in that place. I could not bear the thought of coming back to this dark world again. Then the angel said, ‘You must go back, and if you are faithful, you, with the 144,000 shall

have the privilege of visiting all the worlds and viewing the handiwork of God.’ ” AH 543.

God preserved certain natural beauty for us to enjoy

I have lived adjacent to Yellowstone National Park, and then directly across from Glacier

National Park, and another time could look out at Mount Rainier (when it was not hidden by clouds). God has allowed certain beauty to be preserved for us in our fallen states. But that beauty does not even begin to compare with what God has for us in the new heaven and the new earth. In fact it must look dark and dreary in comparison. “But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.” 1 Cor. 2:9.

Scientific speculation about pre-Flood conditions

At one time I listened to a lecture by a creation scientist. He shared with the people certain evidences which exist to prove creation over evolution. He also spoke of a model of what this earth might have been like before the Flood. Some scientists now feel that the earth was created with a water shield at approximately 11 miles above the surface of the earth and that this theory is in accordance with Gen. 1:6, 7. This shield would have served several functions, one of which would have been to magnify the stars to the view of the people on the earth. They speculate that before the Flood, people would have been able to see the individual colors of the separate stars. The temperature of the whole earth at that time would have been 78 degrees Fahrenheit in the day and 72 degrees Fahrenheit at night. Also, because of the shield around the earth, the atmospheric pressure and oxygen levels would have



been greater than they are now, perhaps providing a more suitable environment for the dinosaur. Today, it has been shown that under greater atmospheric pressure and greater oxygen content, not only does healing take place more quickly, but fruits and vegetables grow much bigger, especially if the ultraviolet rays of the sun are filtered out as they would have been then.



The early SDA church could have experienced the second return of Jesus

Friends, can you imagine what it must have been like for Noah, as he stepped from the ark into a post-Flood world? Like Ellen White, he could not go back. But the good news is, we can all go forward with God and enter into this great experience of a new heaven and a new earth where, by the way, there will be no more tears. (See Rev. 21:1-4 and Rev. 7:16-17) What waits for us is beyond our wildest imagination. Do you not want to be there? I do!

Ellen White tells us that those in the Seventh-day Adventist Church who lived before us could have had the experience of being the group that welcomed Jesus back to this earth at His second coming. They could have been the 144,000.

The closing work could have already been completed

“Upon us is shining the accumulated light of past ages. The record of Israel’s forgetfulness has been preserved for our enlightenment. In this age God has set His hand to gather unto Himself a people from every nation, kindred, and tongue. In the Advent movement He has wrought for His heritage, even as He wrought for the Israelites in leading them from Egypt. In the great disappointment of 1844 the faith of His people was tested as was that of the Hebrews at the Red Sea. Had the Adventists in the early days still trusted

to the guiding hand that had been with them in their past experience, they would have seen the salvation of God. If all who had labored unitedly in the work of 1844 had received the third angel’s message and proclaimed it in the power of the Holy Spirit, the Lord would have wrought mightily with

their efforts. A flood of light would have been shed upon the world. Years ago the inhabitants of the earth would have been warned, the closing work would have been completed, and Christ would have come for the redemption of His people.” 8T 115, 116.

The displeasure of the Lord is upon us as we follow in the footsteps of ancient Israel

Today we are given several reasons why the Lord has not come. In the Great Controversy, 458, we are advised: “In mercy to the world, Jesus delays His coming, that sinners may have an opportunity to hear the warning and find in Him a shelter before the wrath of God shall be poured out.”

We are then told in Evangelism, 696: “We may have to remain here in this world because of insubordination many more years as did the children of Israel...It is the unbelief, the worldliness, unconsecration, and strife among the Lord’s professed people that have kept us in this world of sin and sorrow so many years.” And then in Testimonies, vol. 5, page 94, we read: “The sin of ancient Israel was in disregarding the expressed will of God and following their own way according to the

leadings of unsanctified hearts. Modern Israel are fast following in their footsteps, and the displeasure of the Lord is as surely resting upon them.”

God is preparing a people

Brothers and sisters, I am here to tell you that God is preparing a people. I saw them in small groups as Elder Spear and I used to travel throughout the world—people who are serious about their relationship with Jesus Christ, people who are striving to be among the 144,000. God is waiting for His character to be reproduced in His people and then He will return to take them home. (See COL 69).

But Satan is not inactive, even within the borders of our church. Several years ago, a well-known liberal Adventist author was interviewed by William Johnsson, past editor of the *Adventist Review*, on the *Review* program broadcast on 3ABN. This author was asked about perfection. He said that he had not seen perfection in any other person’s life. He

then alluded to the doctrine of Christian perfection as being a “bunch of baloney”. Others in the church tell us that we will continue sinning until Jesus comes.

Doctrine is abandoned when we lack necessary faith

Many of these men are basing their theology on their experience rather than on the



Bible. As Augustine, who came up with the doctrine of original sin because he could not escape his liking for the ladies, when they do not seem to experience victory over sin in their lives, they rule out the doctrine. Their belief is based on their own faulty experience, rather than on faith in God’s promises of victory. Lacking the necessary faith, they cannot obey God’s will, including keeping the Sabbath.

Weighed in the balance and found wanting

Listen to what the final experience of this group will be, unless they are converted: "Then I was shown a company who were howling in agony. On their garments was written in large characters, 'Thou art weighed in the balance, and found wanting.' I asked who this company were. The angel said, 'These are they who have once kept the Sabbath and have given it up.' I heard them cry with a loud voice, 'We have believed in Thy coming, and taught it with energy.' And while they were speaking, their eyes would fall upon their garments and see the writing, and then they would wail aloud. I saw that they had drunk of the deep waters, and fouled the residue with their feet—trodden the Sabbath underfoot—and that was why they were weighed in the balance and found wanting." EW 36.

The Christian is to live by faith

Once someone turns to experience rather than faith for interpreting the Bible, then they will find in the Bible verses to back their experience even though they do so by misuse. Romans 7 thus becomes one of the most misused texts of Scripture where Paul says, "For that which I do I allow not: for what I would, that do I not; but what I hate, that do I." Rom. 7:15. We are told by some that this is the experience of the converted man. But the converted man lives in the Spirit and allows Jesus to work in him to do that which is right. (See Rom. 8).

The Christian needs to live by faith. If we look at our experience to determine our theology, we will rise no higher in our Christian walk than our initial experience allows. It becomes easy for Satan to show



us that we are erring, fallible people and that Christian perfection is not attainable by any of us.

We must follow Him confidently and truthfully as the flock follows the shepherd

But what about the 144,000? Who are they? Let us look at them a little more closely. Have we truly understood what it takes in order to be a people prepared for Christ's second coming?

And even beyond the understanding, have we put into practical application that understanding?

We know that God, in the book of Revelation, speaks of a very special group that will be made up in the last days, just prior to the second coming. This group is referred to as the one hundred forty-four thousand in Revelation 7 and in Revelation 14. Those found in this group are described as "virgins", "which follow the Lamb whithersoever He goeth". Ellen White says of them, "But all who follow the Lamb in heaven will first have followed Him on earth, in trustful, loving, willing obedience, followed Him not fretfully and capriciously, but confidently, truthfully, as the flock follows the shepherd." 3SM 424.

We must forsake every evil way
They are described

further as being without guile in their mouths and being "without fault before the throne of God". The prophet says, "They bore the signet of heaven. They reflected the image of God. They were full of the light and the glory of the Holy One. If we would have the image and superscription of God upon us, we must separate ourselves from all iniquity. We must forsake every evil way, and

then we must trust our cases in the hands of Christ. While we are working out our own salvation with fear and trembling, God will work in us to will and to do of His own good pleasure." 7SDABC 978.

Christ always separates the contrite soul from sin

All those who are saved will be considered perfect in the sight of God. Perfection is a relative term as we shall see.



In Matthew 5:48, we are commanded, "Be ye therefore perfect, even as your Father which is in heaven is perfect." Ellen White, in commenting on this verse in *The Desire of Ages*, 311, states, "God's ideal for His children is higher than the highest human thought can reach. 'Be ye therefore perfect, even as your Father which is in heaven is perfect.' This command is a promise. The plan of redemption contemplates our complete recovery from the power of Satan. Christ always separates the contrite soul from sin. He came to destroy the works of the devil. And He has made provision that the Holy Spirit shall be imparted to every repentant soul to keep him from sinning."

Perfection is relative to the light we have been given

The Greek word for 'perfect' in this Bible passage is 'teleios', which means 'complete'. One Greek lexicon says that teleios refers to "One who has attained the moral end, the goal for which he was intended, namely a man obedient in Christ. It may be true, though, that having reached this attainment, other and higher ends will open up before him in order to have Christ formed in him more and more." In other words, he is considered as one living up to the light he has, but new light will continually be opening before him for his Christian growth. His perfection is relative to the light he has, whereas God's perfection is absolute because He has all light.



or perfect man, for he is also able to control his whole body.

At a time when Satan's deceptions will be greatest, God is looking for a people that will live up to all the light they have, a teleios people, a people that are pure in their religion; virgins without guile in their mouths, faultless before

the throne of God—the 144,000.

Those who attain perfection in these last days will make up the 144,000

The Bible is full of verses speaking of attainments in the Christian walk of living without sin in our lives. See the promises and requirements made to all of the seven churches of Revelation. Remember Christ's command, "Be ye perfect even as your Father in heaven is perfect." Matthew 5:48. The promise is that even though in our own strength we cannot be perfect, we can in God's power working in our lives, reach the ideal God wants us to attain. We can be perfect. Those that so attain in these last days will make up the 144,000.

before the whole world, and receive their opposition, and while receiving this opposition they were to remember that they were sons and daughters of God, that they must have Christ formed within them the hope of glory. They were ever keeping in view the great and blessed hope that is before them. What is it? It is an eternal weight of glory. Nothing could surpass it." Sermons and Talks 72.

"Those who are living upon the earth when the intercession of Christ shall cease in the sanctuary above, are to stand in the sight of a holy God without a mediator. Their robes must be spotless, their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort, they must be conquerors in the battle with evil." GC 425.

Strive to be among the 144,000

It is your choice. Will you seek to follow all the loving counsel God has given us in both the Bible and the Spirit of Prophecy? You can do so only in the strength of God. And that comes only as day by day you commit to spend time with God through prayer, Bible study and the study of the writings of Ellen White, and then you actually experience that commitment. You must also abandon the world and its enticements in order to give the throne of your life to Jesus Christ. Self must be surrendered.

Remember, Ellen White tells us to strive to be among the 144,000. May we move forward in faith, knowing that God has promised and that He is able to deliver on those promises, no matter what our experience has been in the past.

Come soon, Lord Jesus!

God is looking for a 'teleios' people

Jesus uses the same term in speaking to the rich young ruler in Matthew 19:21, telling him that: "If thou wilt be perfect, go and sell that thou hast and give to the poor." Paul uses teleios in Romans 12:2 in speaking of the "perfect will of God", in Colossians 1:28 stating that "we may present every man perfect in Jesus Christ", and again in Colossians 4:12 when he speaks of laboring for people that they "may stand perfect and complete in all the will of God". In James 3:2 we read that a man who can bridle his tongue is a teleios,

Our robes must be spotless, our characters must be purified from sin

The question is asked, "Why were they (the 144,000) so specially singled out? Because they had to stand with a wonderful truth right



HEAVEN: *Real, or too Fantastic to Believe?*

By Joe Olson

I recently read an excerpt from a book written by Lisa Miller. The book was entitled: "Heaven: Our Enduring Fascination with the Afterlife". In this book, I was somewhat alarmed to read that according to a recent Harris poll, the number of Americans who believe in the resurrection of Jesus dropped 10 points, since 2003. 80% used to believe it, but now only 70% do. And this is in just seven short years. It shows a lack of faith in the truths of the Bible.

That is not to say that people are not religious...they just don't accept the Bible as an

inspired book as much any more. Miracles were not really miracles...they were exaggerations, or expressions of ideas, or good stories, or parables; but true?...no, not really.

According to a Time/CNN poll, 21% of Christians believe in reincarnation

In addition, in a 1997 Time/CNN poll, only 26 percent of Americans thought that they would have bodies in heaven. However...belief in reincarnation is on the rise. Thirty percent of the 2003

Harris poll respondents said that they did believe in reincarnation. And in case you might think that this is because of all of the Eastern religion-type people

moving to America, the poll also stated that 21 percent of Christians believed in reincarnation. Reincarnation...not resurrection. There are many people, including almost a quarter of Christians, who believe they will come back from the dead, but not resurrected. Resurrection is too fantastic; too...well...miraculous to believe.

Resurrection is only unbelievable to the unbeliever

One of Miller's assertions was that, "Resurrection may be unbelievable, but belief in a traditional heaven requires it." Referring to Jesus' resurrection, she states, "This rising – the Resurrection – remains at the center of the Christian faith, the narrative climax of every creed. Jesus died and rose again so that all his followers could, eventually, do the same. This story has strained the credulity of even the most devoted believer. For truly, it's unbelievable." She states this as fact, rather than her opinion. It is not unbelievable to the believer. It is unbelievable to the unbeliever.

Miracles, God's interventions, really happen all the time

Apparently unknown to Ms. Miller is that there really are miracles. Jesus' resurrection is one of them. And miracles happen all the time. We often just don't see them as such. Often, we attribute them to blind luck or chance. But there is way *more* to things than we realize. We have a God who made us...we did not come from muck. We have a God who loves us...we are not alone, left to fend for ourselves. We have a place to go, if we are faithful to our God...it's called heaven. And we have a method of getting there... called the resurrection.

The Bible IS true and IS God's word for us. And He cares for us and wants the best for us. We have a God who intervenes in our lives...and we call those interventions...miracles. I'd like to refer to one that I came across recently. When I first read about it, I could not imagine how things would turn out. I would have considered it...impossible...miraculous even. Something that would have involved the intervention of God!

The problems began with a simple operator error

The event I am referring to was a nuclear accident back in 1952 at the NRX reactor in Chalk River, Canada. The reactor was built in 1947, and was designed to research the production of nuclear material for atomic weapons during World War II, and to investigate nuclear power generation. The NRX was a 42-megawatt reactor, producing nuclear power from 1947-1993, and was one of world's most powerful research reactors.

It was December 12, 1952. The problems began with a simple operator error. First, four valves which kept air pressure from raising the uranium fuel rods were opened by mistake. The supervisor noted warning lights and rushed to the basement to close the valves. Once he had closed them, he assumed that the rods had dropped back, but they hadn't dropped fully - they had dropped only far enough to shut off the warning lights. The supervisor, realizing that the reaction was still on, called the control room to order the operator to push buttons 4 and 3 to stop the reactor, but accidentally said 4 and 1!

This incident included a hydrogen-oxygen explosion and the melting of some uranium fuel

The operator rushed off to do it before the supervisor could correct his mistake. Button 1 raised 4 banks of control rods, causing the reaction rate to double every 2 seconds. This buildup was noted 20 seconds later and the reactor was scrammed, or shut down. Because of the air pressure problem, the control rods didn't go all the way down. After 44 seconds, the plant physicist dumped the heavy water to kill the moderation and

stop the reaction. This dumped tons of radioactive water into the basement.

Three minutes later, the 8,000-pound lid blew off the reactor, spurting radioactive water and setting off alarms warning of lethal radiation levels. The building was evacuated. This incident included a hydrogen-oxygen explosion and the melting of some uranium fuel, yet the release was contained. The reactor core had partially melted down! It was contained, but the reactor core had to be fixed before any more radiation escaped.

The problem had to be dealt with by human hands

Remember, this is 1952, and there were no sophisticated robots to go in and deal with the problem. It would have to be done by hand...by a human hand. Remember also that there were lethal levels of radiation.

The nuclear community is a very small one and this accident soon made the news within that community and finally, the world at large. Admiral Rickover of the US nuclear navy took advantage of the clean-up operation and offered to train his men in the field.

A young, Christian, Navy Lieutenant donned radiation-resistant clothing

One of the young American officers involved in the effort was a 26-year-old Lieutenant in the Navy who was a nuclear engineer, and happened to be



a Christian. He was highly trained in reactor technology and nuclear physics. He was among the nuclear technicians who aided General Electric workers in the construction of a prototype plant near Knolls Atomic Power Laboratory. He had worked with, and at, Atomic Energy Commission headquarters in Washington. He also had a high security clearance status. He, accompanied by two other technicians, wearing radiation-resistant clothing and armed with only the tools in his hands, would witness a sight that no man had seen before: a melted down atomic reactor core.

Impossible! How could anyone do this? Who could survive in such a catastrophe? It would be...well...a miracle!

A 90-second miracle

Many believed that walking into this irradiated room would be certain death, no matter the precautions. This lieutenant could only be in the reactor room for 90 seconds. For in that length of time, with all the safety measures then possible in 1952, he would be exposed to enough radiation that a man can safely be exposed to...for an entire year...all in 1 and a half minutes. How can a person absorb all the radiation allowable for



a year, in just 90 seconds, and live to tell about it?

Well, he did walk into that reactor room; he did his job flawlessly and he did not die. Some thought it miraculous. Could God have intervened? Do you suppose that Christian man prayed before he went into that reactor room? Could God save him? Could He shield him from the radiation?



“He removeth kings, and setteth up kings...”

Not only did that young, Christian lieutenant not die, ...he did fairly well in life. In fact, he did so well, that he became the 39th president of the United States. His name...was Jimmy Carter.

You see, the scripture says in Daniel that God is the one who sets up kings and takes them down. “And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding.” Dan. 2:21. God is intimately involved in this world and its activities. He decides who does what and when; and nothing, not even lethal radiation can stop His plans. He has given us directions, and promises, and warnings in His book, the Bible.

What a pitiful condition to be in

But getting back to the idea of the resurrection ~ what Lisa, in her book, fails to realize is that there are things beyond her limited understanding. She says, referring to the promise of a resurrection, “For my part, I don’t buy it.” What a pitiful condition to be in. But then she goes on to say this...“I do however, leave the door open a crack for radical acts of

grace and kindness – and for humbling ourselves before all that we don’t understand.”

She doesn’t believe God; she doesn’t believe the Bible, but she is willing to humble herself before all she doesn’t understand. In other words, she admits there is much she doesn’t understand, but she does understand enough to know that resurrection and heaven and the Bible are not true.

With resurrection, there is immortal life

And if that were all there was to it, I might not have chosen to give this message. But if the polls are to be believed, then Lisa’s attitude is spreading. Fewer people believe in heaven and the resurrection and more are accepting reincarnation

instead. With reincarnation, there is no heaven or hell, or even God. There is just a new cycle of life...maybe as a toad, or a mosquito or even a pretty horsey.

But with resurrection, there is immortal life, with a body; **your** body, and friends and family and houses and lands and gardens...and pure, constant joy, peace and happiness. What joy and peace come from thinking you might be a donkey, or a tick, or even a hawk, knowing the cycle will start all over again in 60 or 70 years, and you do it again? And if the **Bible** takes faith to believe in...what does reincarnation take? And why would Christians believe in that?

Disembodied spirits don’t need homes

Let’s look at a few Bible texts to show the truth of what God says is coming for those that believe in Him and His word. “Let not your heart be troubled: ye believe in God, believe also in me. In my Father’s house are many mansions: if

it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.” John 14:1-3. Jesus Himself said this.

God says that He is preparing places for us...we are going to have mansions! Disembodied spirits don’t need homes. They don’t need buildings to live in. Heaven and the mansions are real! For real people with real bodies! “And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.” Rev. 21:1-3. A real city, on a real earth...THIS earth, but made new again.

Heaven’s streets of gold are for people who walk!

And if you read on in this chapter, we find that there are walls, and gates, and foundations; and we are even given the dimensions of the city. This is REAL! And there are streets in this city. Everyone has heard of heaven’s streets of gold. Streets



are for people who walk! They are not for floating blobs of matter. But this place is only for believers. And those believers will have bodies just like we have...just made new, just like the earth will be.

Most of you have heard of doubting Thomas. Thomas was the disciple who did not believe that Jesus came back from

the dead. He said, "I won't believe it until I touch Him." "But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. The other disciples therefore



said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe." John 20:24-25. Thomas, like more and more people today, had to see and feel it for himself before he would believe.

God is well aware that many will not believe

God is well aware that Lisa would not believe. God is well aware that many people would feel like Thomas. So, instead of coming down to every single person who feels like that, and showing them Himself, He gave an example in the scripture that we might read and believe.

The Bible is not just a book of history, or even of coming events. It is a faith-builder. When we read the Bible, it is to create a trust in God's word and His promises. There are many prophetic predictions in there, that anyone who wants to prove the Bible true or not, can do so. The Bible changes lives and makes people pure, and righteous, and holy. That alone is a huge miracle!

The Lord provides evidence that we may believe

And so we have this story about doubting Thomas given to strengthen our faith. Jesus could have left Thomas to his doubts and never helped him, and said, "That is your problem." But He didn't. Eight days later, He gave Thomas what he wanted... "Then saith he to Thomas,

Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing." John 20:27.

I hope you understand that that

act was not just for Thomas. That was done for every soul who questions the reality of the resurrection of Jesus... of the reality of heaven. That was done for Lisa! Can you see the love of Jesus in giving Thomas what he needed to believe? When Thomas actually put his fingers into the holes in Jesus' hands and put his hand into Jesus' side where the spear cut Him open... he believed. "And Thomas answered and said unto him, My Lord and my God." John 20:28.

One who can hear from another, and believe, is blessed

Then, so as not to repeat the act thousands of times over, Jesus had it recorded in His word, so that we all might benefit from what Thomas experienced. This was done for all of us!



Then Jesus gently chided Thomas for his unbelief. "Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed." John 20:29. Jesus said that the one who can hear from another, and believe, is blessed. No doubt! What a drag for the person who will not believe anything until they experience it for themselves.

Why do we find it so hard to take God at His word?

Jimmy Carter experienced a miracle in that melted reactor core room. Wouldn't it be better for us to just accept it? Do we really have to go into that reactor room ourselves and survive it to believe it happened? Do we have to be in the plane crash to believe that God can save us from dying in it? As for me, I am happy to just read about these experiences. I have had enough experiences in my life that people find unbelievable... but I know they happened. We all have to take by faith what a person tells us about that has happened in one situation or another. Why do we find it so hard to take God at His word? Jesus came back from the dead. Jesus had a real body! His disciples recognized Him as their friend and Teacher.

In the reincarnation scenario, no one ever dies

Lisa is not alone in her questioning of the resurrection and of heaven. And somehow, for many people, the idea of dying and coming back as a frog, or a tree, or a Wall Street trader seems more believable to them. And interestingly, no one has ever come back from death as a gnat, or a fly, or a zebra, or anything else that we are aware of. Do you suppose that people prefer that scenario to a resurrection idea because in their "belief" everyone is reincarnated into something over and over again? So, in effect, no one ever dies.

In the resurrection scenario, not everyone lives forever

But in the Bible resurrection, you are either

resurrected to eternal life or eternal death. Not everyone continues to live on forever and ever. Your choices in this life determine your destination in the life to come. The Bible makes very clear what happens to each person, based on how they react to the God that made them and died for them. Just because you do not believe it, does not mean it's not true.

If a golfer hits a hole-in-one, but you didn't see it and therefore don't believe it, does that mean it did not happen? No, you just lose the joy that you could have shared with the person who accomplished that feat. If you are like Lisa and many others, and do not believe that there is a heaven and a resurrection, does that mean there isn't one? No, it just means you will lose out on all they have to offer.

I read the Bible to be able to argue with a Christian

In closing, let me tell you how I became a Christian. I had very little religious upbringing. But while in the Army, I had a platoon leader in charge of my particular platoon, who happened to be a Christian. He seemed holier-than-thou to me so I used to make fun of him. We would banter back and forth about Bible ideas and concepts. But since I had never read the Bible, I was somewhat at a loss.

I decided that if I was going to match wit for wit, I would need to read the book he referred to all the time. So, I read it. I did not read it to become a Christian; I read it to argue with a Christian.

After reading



the Bible, I forgot all about fighting with my platoon leader. I began to realize that life was not just about the here and now, but that there was so much more than I ever dreamed of. I determined, just from the sheer logic, that there were four choices before me...

1. The Bible was true, and if I accepted it and followed its teachings, I lived forever. That was a good thing.

2. The Bible was true, and if I did *not* follow its teachings, I was doomed to hell. That was a bad thing.

3. The Bible was not true, but if I followed it, and was a good person, but then I died and that was it...that was an okay thing.

4. The Bible was not true, and if I did *not* follow it and did whatever evil I wanted and then I died, and that was it...that seemed wrong, or at best, not a good thing.

Choosing to follow the Bible was just plain logic

At this point in my life, I still did not know Jesus, but looking at the four options, the only one that made any sense

to me was number one. If I had to make a choice on one of the four, the only one that made sense was the one that took me to heaven. It wasn't love; it wasn't really even fear; it was logic. It was only after I elected to ask Jesus into my heart that my life began to change and the truth was revealed to me and I fell in love with my Saviour.

So now, I am a miracle

And now, I have all the "facts" I need because I am a miracle as well. I have tasted and seen that the Lord is good. "O taste and see that the LORD is good: blessed is the man that trusteth in him." Ps. 34:8.

David, who wrote most of the psalms, understood by experience that the Lord is real and all He promises will come to pass. I understand as well. Everyone who has ever let Jesus into his or her life knows it, too. Poor Lisa will never know until she lets God in. You can't search or read or study to find out God. How can the ones made, find out the reality of the One who made us? "Canst thou by searching find out God? canst thou find out the Almighty unto perfection?" Job 11:7.

Finding God is a heart work

If we could search out God with a telescope; a computer or a microscope, then we would be gods. There is only one way to find God... "And ye shall seek me, and find me, when ye shall search for me with all your heart." Jer. 29:13. There is no way around this truth. Finding God is a heart work. Anything less than all of your heart, and you will never find Him.

O but if you do...if you really do... you will never, ever question again about heaven, God's promises, or... miracles... because you will be one. I invite you to "taste and see" for yourself. God is waiting to show you all He has in store for you!



Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.



AN INFINITE GIVER

Author Unknown

Think you, when the stars are glinting,
Or the moonlight's shimmering gleam
Paints the water's rippled surface
With a coat of silvered sheen—
Think you then that God, the Painter,
Shows his masterpiece divine?
That he will not hang another
Of such beauty on the line?

Think you, when the air is trembling
With the bird's exultant song,
And the blossoms, mutely fragrant,
Strive the anthem to prolong—
Think you then that their Creator,
At the signal of his word,
Fills the earth with such sweet music
As shall ne'er again be heard?

He will never send a blessing
But have greater ones in store,
And each oft recurring kindness
Is an earnest of still more.
If the earth seems full of glory
As his purposes unfold,
There is still a better country—
And the half has not been told!

THE POWER OF PENTECOST

By Meade MacGuire

--An Introduction--

Editor's Note: Meade MacGuire wrote several articles on the "Latter Rain" that appeared in the Review and Herald from June 3 to August 12, 1943. These articles were recirculated in a little book called "The Latter Rain" several years ago with the hope of helping God's people prepare for this event. We here repeat that introduction to the MacGuire articles, and will follow with one of the 11 articles in each new issue of Our Firm Foundation. Each article is complete in itself, but the whole is best shown through reading all of the articles. The time is at hand; may these articles help each of our readers prepare!

THE GREATEST NEED OF THE CHURCH IS THE BAPTISM OF THE HOLY SPIRIT

The coming of Christ is the sole hope of a desperately confused world! For 6000 years the human race has been looking for the event. Now, the time is almost here! Is the church ready for the heavenly Guest? The question is asked—What preparation is most needed to enable the church to meet the Bridegroom in peace? Today, the greatest need of the church is the baptism of the Holy Spirit—a preparation of heart and life, so the Holy Spirit can do a work similar to that done for the waiting church of Pentecost.

ARE WE WILLING TO FULLY SURRENDER?

The experience of Pentecost can be ours, and the power of the Holy Spirit can fall upon us, if we are willing to meet the conditions, and pay the necessary price of a full surrendered life. There are three facts the personal worker must not lose sight of—(1) His own life must be right, (2) He must know and use the Scriptures, (3) He must pray! Are we committed to the plan of getting ready for Christ's coming?

DO NOT LET OUR LIGHT BE EXTINGUISHED BY WORLDLINESS

The Bible says—"Ye are the light of the world." God's purpose for us is that we should be the light of the world! Do not let our light be extinguished by worldliness, the love of the world, and preoccupation with the things of the flesh. Make sure we have the Oil of the Holy Spirit in our lamps when needed.

In Proverbs 20:27 the Bible teaches that "The Spirit of Man is the candle of the Lord." If the Lord lights our candle, shall we not hold out our little candlestick to other guests, as a light shining in a dark place? Shall we not accept the offer of the divine remedy so graciously offered us by the Laodicean Message?



TWO GREAT DISPENSATIONAL GIFTS

The Church could never have been what it has been, it could not have existed as it has existed, or exercised the moulding power on the centuries which the annals of history record, but for the one masterful, overpowering event which we connect with and name by Pentecost: "The Descent of the Holy Spirit".

The "unspeakable gift" of Christ and the immeasurable gift of the Spirit, are the two great dispensational gifts. They are the peculiar heritage of the Church until the dispensation shall change its character.

WE MUST HAVE THE STAMP OF THE PENTECOSTAL SPIRIT

The Book of Acts is the book of Pentecost. The first chapter prepares for it; the second chapter records it; and the subsequent chapters tell its effects up to the point of Paul's arrival at the center of the Roman Empire. We humbly submit therefore, to the earnest considerations of all, the following sevenfold characteristics of Pentecost. Men who are in real earnest, in these closing days of the age, all feel that the work and life and ministry which God will accept as "gold, silver, and precious stones", must have the stamp of the Pentecostal Spirit. The promise to the Jewish remnant is the promise still, yes and more assuredly to us: "My Spirit is among you, fear ye not." And again, "Not by might, nor by power, but by My Spirit, saith the Lord." Hag. 2:5; Zech. 4:6. Let the points here briefly given be prayed over and meditated upon; and may the living Breath make them spirit and life to the reader!

WAIT AND TARRY

Taking Acts 1 and 2 as our guide, we note—"The Precept of Pentecost". Acts 1:4. Before the risen Lord ascended, He "charged them not to depart from Jerusalem, but to wait for the promise of the Father". Or, as the same writer gives it in the Gospel narrative (Luke 24:49), "And behold, I send forth the promise of My Father upon you; but tarry ye in the city, until ye be clothed with power from on high." Carefully mark the

words, "Wait for the promise", also, "Tarry ye in the city". These words give the precept of Pentecost. Tarry. Wait. Do not take a step or speak a word until ye be "clothed with power". Here is the root of all our failure. We bustle about and make a stir and organize

machinery, but do we wait and tarry before God? Have we His power? The path of power is the path of obedience to precept. It is granted, at once, that the Spirit here waited for was to be given once for all, for the dispensation; but there is, and must be, a most solemn application to individuals. A type is only given once: and here is type for the age, for you for me, for all God's saints.

THERE MUST FIRST BE SELF-JUDGMENT

Dare we go out without this power? Dare we associate Christ's name with our powerless ministrations? Is not this to make Christ the minister of helpless talk and empty life? Oh, let us search and see how it is! Is Christ glorified in our heart and life? If not, the Holy Spirit is not yet in that heart and in that life. The principle is the same. Just as the Spirit could not come until the Son of man was glorified, so the Spirit cannot come and clothe a man with power for service, until there is self-judgment, an utter repudiation of self, and a complete enthronement of the risen Lord, as the Lord of our spirit, soul, body, and belongings.



FIRST THE TARRYING, THEN THE FILLING

Let us deny the old self that rejected Him, and yield ourselves to God to be clothed with power. Is it not clear that to go out and face the world with fine and fair speeches about Christ, without the power of the Spirit, is but to insult humanity and make Christ the unheeding and helpless being that the world thinks He is! If Christ Himself needed the clothing, the anointing of the Spirit, after thirty years of a perfect life, for service and ministry, much more do we need it. Thirty years' obedience and then the anointing. So with us. First the tarrying, then the filling. Do we feel our words and lives empty and fruitless? May not the reason be that we have not obeyed the precept of Pentecost? The Power of Pentecost. (Acts 1:14; 2:1).

ALL WAITED IN PRAYER

These disciples show us the right way. They were obedient. They tarried. They waited. And they tarried and waited in the true attitude; all waited in prayer. Not a word of testimony to men, but very earnest words of prayer to God. If we are to touch the dead, we must first touch God. With these disciples it was the obedience of prayer. Herein they fill up the type for us. Note these words: "These all with one accord continued steadfastly in prayer, with the women, and Mary the mother of Jesus, and with His brethren." Intensely interesting company! The fate of souls, of peoples, of kingdoms hung upon their prayerful obedience.

Look how they stood. They stood between the two pillars of precept and promise, and thus lifted holy hands, and longing, believing hearts to God. They had a promise, and they believed it; they had a precept, and they obeyed it. Prayer expressed them both. We say the church has failed. True, but

the Spirit of God has not failed. Let us get back to the attitude and prayer of Pentecost: back to the Lord! "If ye will return, return unto Me, saith the Lord."

COLLECTIVE, HARMONIOUS, CONTINUOUS, STEADFAST PRAYER

What kind of prayer was it? That is easy to tell. First it was collective. "these all," the disciples, the women, Mary, and Jesus' brethren. Second, it was united, harmonious. "With one accord," one mind, one interest, one desire, one thing, no sectarian severances. Third, it was continuous, steadfast, persistent. As to self, they were "out of joint," feeling their weakness as Jacob, and they would not let God go. It was not personal salvation they were seeking; that they had; but it was power, as men and women "out of joint", to face the world, to preach salvation through a murdered Man, a rejected God, a hated Jesus of Nazareth.

What has all this to say to us? As individuals, as collective unities, have we ever really, and in earnest, prayed the prayer of Pentecost?

THE CHURCH IS LOSING ITS FIRST LOVE

Without doubt the Great Quest of Life is to gain eternal life! Nothing else is comparable!

The problem today is that of the church losing its first love, and how to regain it. A careful study is necessary of the steps to be retraced in ones' experience that must be made to see how our first love experience was lost, and to search the Word for divine counsel to enable us to regain once more our former experience.

God says—"and ye shall seek me, and find me when ye shall search for me with all your heart." Jeremiah 29:13

Prayer Power has vast resources! Dr. Alexis Carrel said: "The most powerful form of energy that one can generate is prayer. Only in prayer do we achieve that complete and harmonious assembly of body, mind, and spirit, which gives the frail human reed its unshakeable strength.

ALL HEAVEN IS INTERESTED IN THE CHARACTERS YOU ARE FORMING

We come to the conclusion that, if we are to have the experience of Pentecost, we must first meet the requirements of Pentecost and the works of Pentecost will result.

"We are living in the perils of the last days. All heaven is interested in the characters you are forming. Every provision has been made for you, that you should be a partaker of the divine nature, having escaped the corruption that is in the world through lust. Man is not left alone to conquer the powers of evil by his own feeble efforts. Help is at hand, and will be given every soul who really desires it. Angels of God, that ascend and descend the ladder that Jacob saw in vision will help every soul who wills to climb to the highest heaven." FE 86, 85.

"Ye Are Not Your Own"

By Joel Swartz

My all, dear Lord, I give to thee,
For all I have is thine:
Since thou didst give thyself for me,
I am no longer mine.

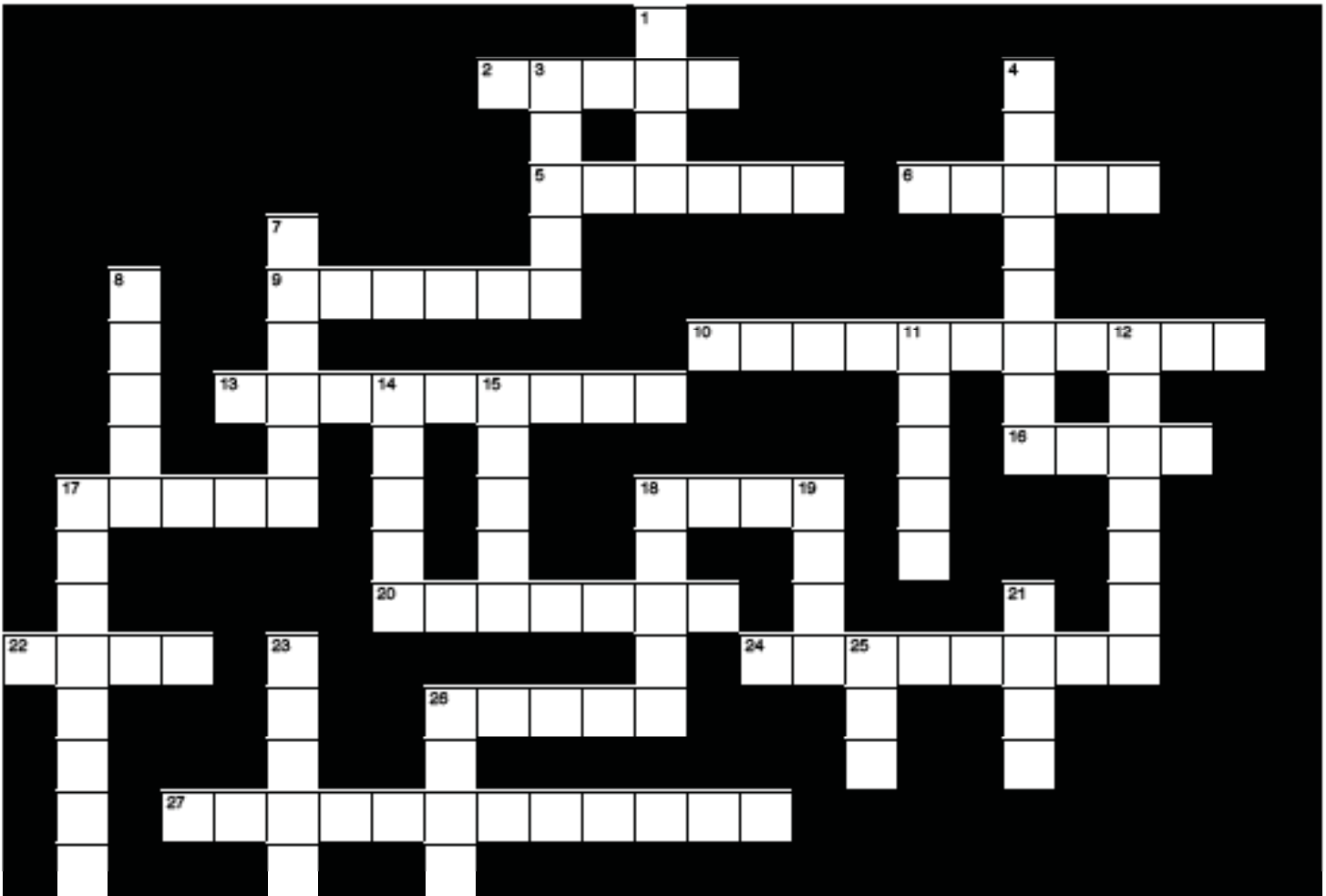
No broken alabaster vase
Is now too sweet for thee;
Enough that thy surpassing grace
Will take the gift from me.

What, Saviour, in thyself thou art,
And what for me hast done,
Have won the homage of my heart
For thee, and thee alone.

A captive, thou hast made me free;
And lost, restored by grace;
And in thy house appointed me
A portion and a place.

Since thou hast visited my heart,
Renewed my sinful soul,
I give thee, Saviour, not a part,
But gladly give the whole.

Christian Crossword



ACROSS

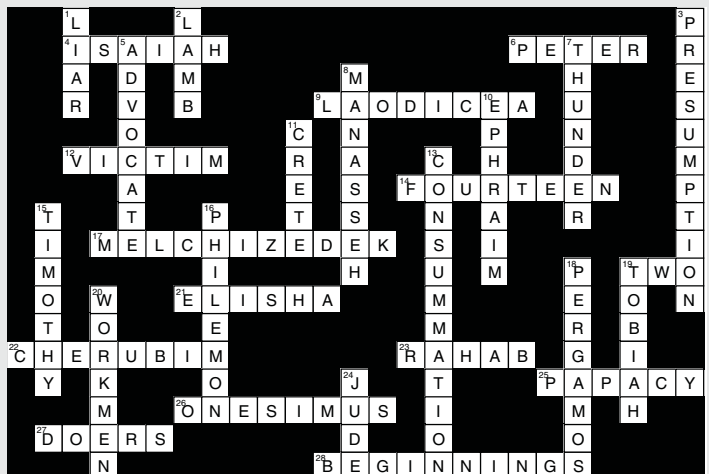
2. What city was Melchizedek king of?
5. Where did Jesus' transfiguration occur?
6. The number of years that Solomon reigned
9. Who posed a riddle about finding something sweet in a lion's carcass?
10. The fifth book of Moses
13. Who moved with Naomi to Moab to escape famine?
16. The nation of Ruth
17. What kind of weed does Jesus say will be separated from the wheat in the last judgment?
18. John wrote how many books of the New Testament?
20. Color of thread tied around the arm of firstborn of Tamar's twins
22. He was worthy to open the scroll
24. One of the sons of Joseph
26. The youngest king in the Bible
27. The church with "an open door"

DOWN

1. The feet of the beast from the sea were like those of a ____
3. Who buried spoils from Jericho in his tent?
4. The king of Israel that made two calves of gold
7. The longest book in the Bible
8. Amos was among the herdmen of ____
11. In what country did the Hebrews eat melons, cucumbers, garlic, onions and leeks?
12. This book of the Old Testament has only one chapter
14. Who had two wives, one named Zipporah?
15. Christian woman that worshipped with a group that met by a river
17. The fourth of the seven churches

18. At the last feast mentioned in the Bible, what is to be the last gruesome food?
19. A contemporary of Nehemiah that wrote a book of the Bible
21. He sold his birthright for a bowl of soup
23. Who had 19 sons and 1 daughter by his legitimate wives?
25. Joshua was the son of ____
26. The book that speaks of Enoch prophesying?

Answers from Christian Crossword published in the January 2011 issue of Our Firm Foundation



High Blood Pressure



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

TREATMENT PROTOCOL FOR NUTRITIONAL THERAPIES

<p>GENERAL DIET</p>	<p>The basic diet for hypertension is a vegan diet (free of all animal products and byproducts), with very few processed foods, simple carbohydrates, and simple sugars. The diet should be rich in fresh fruits, vegetables, whole grains, legumes, and nuts.</p> <p>FOODS TO AVOID</p> <ul style="list-style-type: none"> • White breads or crackers, refined or sugared cereals, fried potatoes, potato chips, corn chips, buttered popcorn, cake, cookies, donuts, refined flour pasta and noodles. • Fast-food refried beans with added lard. • Peanut butter with added oil and sugar, also nuts roasted in oil or salted. • Canned fruits and vegetables, canned, frozen, or bottled vegetable and fruit juices, and fried vegetables. • ALL meat and dairy products (including cheese, yogurt, and milk). • All fried foods. Margarine, shortening, animal fats, and non-dairy creamers. • Coffee, soft drinks, fruit drinks, and sweets. • No alcoholic beverages or smoking, as these greatly increase the chances of high blood pressure. • Reduce the amount of table salt in your diet. A high-quality sea salt can be used in moderation.
<p>HELPFUL FOODS</p>	<ul style="list-style-type: none"> • All whole grains, such as whole wheat, millet, rye, cornmeal, buckwheat, and brown rice. Wheat germ/bran. Steamed or baked potatoes. Low fat whole grain chips and crackers. Whole-wheat pasta and noodles. Air popped popcorn. • Legumes (kidney and pinto beans, lentils), sprouts, & all soy products (e.g. tofu, soymilk). • All fresh raw or lightly steamed vegetables and fresh vegetable juices. • All fresh raw fruits eaten whole and all fresh fruit juices. • All natural nuts, seeds, and nut butters. • Cold-pressed canola oil, olive oil, flaxseed oil, dressings, or mayo made with these oils. • Increase your consumption of onions and garlic. In addition to its cholesterol-lowering and blood-thinning abilities, garlic also lowers blood pressure. Onions are also useful for this purpose.
<p>NUTRIENTS THAT HELP</p>	<ul style="list-style-type: none"> • Calcium – When present in high levels, it is associated with low blood pressure. • Potassium – When present in high levels, it is associated with low blood pressure. • Magnesium – If blood levels are too low, can be associated with high blood pressure. • Coenzyme Q10 – Increases oxygenation of heart tissue. • Essential Fatty Acids – Helps prevent hardening of the arteries and lowers blood pressure (best sources include flaxseed oil, primrose oil, and black currant seed oil). • L-Arginine – Improves blood flow (found in peanuts, walnuts, brazil nuts, and coconuts). • Vitamin C – Extremely important as a regulator of high blood pressure. • Bioflavonoids – Enhance the actions of Vitamin C. • Lecithin (granules or capsules) – Acts as a fat emulsifier. • L-Carnitine – Reduces fat and triglyceride levels in the blood. Increases oxygen uptake and stress tolerance.



TREATMENT PROTOCOL FOR SELF-CARE THERAPIES

JUICING THERAPY	<ul style="list-style-type: none"> • Sources of Calcium – Kale, collard greens, turnip greens, parsley, dandelion greens, watercress, beet greens, spinach, and chard. • Sources of Potassium – Spinach, Swiss chard, beet greens, Brussels sprouts, and tomatoes. • Sources of Magnesium – Beet greens, spinach, parsley, and garlic. • Sources of Coenzyme Q10 – Cabbage, spinach, potatoes, onions, and carrots. • Sources of Vitamin C – Kale, parsley, green/red peppers, collard greens, and broccoli. • Sources of Bioflavonoids – Oranges, tomatoes, cabbage, and grapefruit. • Sources of L-Carnitine – Artichokes, asparagus, beet greens, and collard greens. • Contain factors that lower blood pressure – Onion and garlic.
PERSONAL FAVORITES	<p>Additional Supplements I Have Had Success With: Heart Maximizer, CholesterX, Swedish Bitters, Flaxseed Oil, Ginkgo Biloba, Ener-G, and Cayenne (along with other circulatory enhancing herbs) will help to lower cholesterol, blood pressure, and increase circulation to hands and feet.</p>
EXERCISE	<p>Excess weight increases the risk of high blood pressure. For this reason, exercise is very beneficial. Weight reduction consistently lowers blood pressure in overweight individuals. Exercise also improves circulation and increases the strength of capillary walls. Incorporate a regular form of exercise into your schedule. Walking is a good way to start. 20-30 minutes of exercise daily outside in the fresh air (preferably in the sunshine) will help increase circulatory function and lower blood pressure.</p>
REST	<p>You may help your blood pressure by getting at least six nightly hours of sleep (preferably 8, but minimum 6). Experts report that middle-aged adults are more likely to be diagnosed with high blood pressure (hypertension) if they slept less than six hours per night. Blood pressure falls during sleep. Short nightly sleep may mean higher average blood pressure over 24 hours. In other words, skimping on nightly sleep in middle age may deprive the body of an overnight blood pressure break, eventually making high blood pressure more likely. In addition, much of the body's healing occurs during the nighttime hours, and you miss out on valuable healing when you lose precious sleep. It is very important that you get plenty of rest at night (especially between 8pm-midnight).</p>
STRESS RELIEF	<p>Since stress contributes to hypertension, stress reduction techniques may be very helpful. Take time out of the day to pray or meditate or use deep breathing techniques to help soothe the mind and body. Stress also slows the healing process and lowers the immune system, which causes healing to occur at a slower rate.</p>
ADDITIONAL THERAPIES	<p>Detoxification A detoxification regimen may be necessary for the relief from hypertension.</p> <p>Aromatherapy Calming scents that may be beneficial include: ylang ylang, marjoram, and lavender.</p> <p>Hydrotherapy Constitutional hydrotherapy (alternating between hot and cold applications) can be applied 3-5 times a week.</p>



Save the Date

JESUS IS COMING ON
MAY 21, 2011

1. Atlanta Journal-Constitution, December 11, 2010—Billboard campaign claims Jesus will return in May, by Sheila M. Poole.

—At least that's according to organizers of a billboard campaign slated to hit metro Atlanta next week. Allison Warden of Raleigh, N.C.-based WeCanKnow.com said the Christian Web site plans to place 50 billboards in the metro area proclaiming the rapture and Jesus' imminent return, based on an analysis of Scripture and biblical genealogy.

End time Perspective: "A Caution Against Time-Setting Expressions.--The times and seasons God has put in His own power. And why has not God given us this knowledge?-- Because we would not make a right use of it if He did. A condition of things would result from this knowledge among our people that would greatly retard the work of God in preparing a people to stand in the great day that is to come. We are not to be engrossed with speculations in regard to the times and the seasons which God has not revealed. Jesus has told His disciples to 'watch', but not for definite time. His followers are to be

in the position of those who are listening for the orders of their Captain; they are to watch, wait, pray, and work, as they approach the time for the coming of the Lord; but no one will be able to predict just when that time will come; for 'of that day and hour knoweth no man'. You will not be able to say that He will come in one, two, or five years, neither are you to put off His coming by stating that it may not be for ten or twenty years. . . . We are not to know the definite time either for the outpouring of the Holy Spirit or for the coming of Christ."--RH, March 22, 1892.

2. The Trumpet.com, December 21, 2010—Lutheran Leader Seeks Communion With the Vatican.

The president of the Lutheran World Federation wants to celebrate the 500th anniversary of the Protestant Reformation by forging an agreement

with the Vatican allowing Lutherans to receive Communion at Roman Catholic Mass. Last Thursday, the recently elected president of the Lutheran World Federation met with Pope Benedict xvi in **private audience** at the Vatican to discuss the prospects of such an agreement in the run-up to the 500th anniversary of Martin Luther's historic break with the Catholic Church, set to be held in 2017. "Our intention is to arrive at 2017 with a common Roman Catholic-Lutheran declaration on Eucharistic hospitality," Bishop Munib Younan told Italian Protestant news agency NEV before his meeting with the pope. Under the concept of Eucharistic hospitality, Catholics and Lutherans would be able to receive Communion at either type of religious service, Catholic or Lutheran.

End time Perspective: "We charge you to compel Luther to appear before you in person; to prosecute and reduce him to submission without delay, as soon as you shall have received this our order, he having already been declared a heretic by our dear brother Jerome, Bishop of Asculan.' 'If he should return to a sense of his duty, and ask pardon for so great an offense, freely and of his own accord, we give you power to receive him into the unity of the holy mother church.' 'If he should persist in his stubbornness, and you fail to get possession of his person, we give you power to proscribe him in all places in Germany; to put away, curse, and excommunicate all those who are attached to him, and to enjoin all Christians to shun his society.' The pope



goes still farther, and calls upon his legate, in order entirely to root out the pestilent heresy, to excommunicate all, of whatever dignity in church or State except the emperor, who shall "neglect to seize the said Martin Luther and his adherents, and send them to you under proper and safe authority." ST, June 28, 1883.

Editor's Note: What an insult to their founder, especially considering those that died for religious liberty, which could come only by separation from the Roman Catholic Church. What a sign of how close we are to the end—"And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast." Rev. 13:3.

3. Time Magazine, December 27, 2010/January 3, 2011, The World, page 22--Europe

A Wave of Belt Tightening—Reeling from the effects of the Great Recession, a host of economies adopted austerity as their watchword. Throughout, there was a sense that a long-standing social contract forged in the wake of World War II was under threat. In France cities and towns were paralyzed for weeks by strikes as young and old raged against a

plan to increase the retirement age by two years. And as Greece teetered toward bankruptcy in May, tens of thousands marched in Athens and other cities to protest plans to cut back on public-sector spending. West European nations grumbled about having to bail out Greece to the tune of almost \$150 billion, though they were certainly not exempt from the pain. London's new Conservative-led government announced a startling \$128 billion budget cut that was met with consternation by a gloomy public, and a bankrupt Ireland received a \$113 billion rescue in November.

End time Perspective: "The present is a time of overwhelming interest to all living. Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed upon the events taking place about us. They are watching the relations that exist among the nations. They observe the intensity that is taking possession of every earthly element, and they recognize that something great and decisive is about to take place,—that the world is on the verge of a stupendous crisis."—PK 536, 537.



Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated "Gospel Ministry" will be considered tithe.

Subscription Order Line: 1-800-468-7884

Subscription Information

United States	US \$23.99 per year
Canada & Mexico	US \$34.99 per year
Foreign (Air Mail)	US \$59.99 per year
Large Print Edition	Black & White US \$29.99 per year
Large Print Edition	Color US \$39.99 per year
Audio CD or Cassette Edition	US \$36.00 per year
Foreign Audio & Large Print Edition.....	Please Inquire

Shipping, Sales Tax & Currency

For all products advertised in this publication (unless otherwise noted): • **USA destinations:** \$0.00-\$25.00=\$6.25, \$25.01-\$50.00=\$9.25, \$50.01-\$100.00=\$13.50, \$100.01-\$200.00=\$16.75, \$200.01 or more \$2.99
 • **To destinations outside the USA:** Actual shipping rate will be charged.
Sales tax: Illinois residents, please add 6.5%.
All money sent must be in US funds, drawn on US banks.

Subscription Assistance

We strive to keep our subscription prices as low as possible. We want this material to be available to all. If your finances cannot meet the requested amount, please send whatever you can. Those desiring to assist in providing subscriptions for individuals with limited funds should send a gift marked "Subscription Assistance" to Hope International. Your donations are tax deductible



Feature Product



Did you know that there are over 50 million Americans with high cholesterol and that one out of every two Americans are currently at high risk for cholesterol's damaging effects? Chances are, YOU could be one of them. High cholesterol is a serious risk factor for heart disease, stroke, and alzheimer's. Why take a chance?

CHOLESTER X

FACTS:

Synthetic chemicals are often prescribed to help with cholesterol problems. But so often, the side effects of these drugs are more damaging than the high cholesterol.

When looking at the cadavers of men in their 20's who died in car accidents or as casualties of war, nearly all had arterial cholesterol deposits. Heart disease starts much earlier than people realize. You're never too young to start protecting yourself.

90 Tablets \$14.99 HXHH-CHOX

Suggested Adult Dosage:
2-3 tablets daily

To Order Call Today:
1.800.468.7884

or Visit us on the web at:
www.hopeforhealthusa.com

*Prices listed above do not include shipping and handling or sales tax

Discover the benefits of just a few of the extraordinary ingredients in CholesterolX:

- Plant Sterols** - Help normalize blood cholesterol levels.
- Commiphora Molmol** - Helps to lower lipoproteins, total cholesterol, triglycerides, and LDL cholesterol.
- Soy Bean Extract** - Helps in reducing serum cholesterol levels.
- Oat Bran** - Helps reduce LDL cholesterol by reducing cholesterol absorption in the intestines.
- Inositol** - Helps in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol.
- Psyllium Husk** - Helps lower total cholesterol, LDL cholesterol, and lipid levels.
- Chromium (as polynicotinate)** - Helps in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol.
- Odorless Garlic Extract** - Helps to keep the blood cholesterol levels in good balance.
- Vitamin B6** - Reduces the risk of cardiovascular disease.
- Panthenine** - Helps to increase HDL (good) cholesterol levels, while decreasing total cholesterol levels.
- Artichoke Extract** - Helps lower cholesterol.
- Soy Lecithin** - Helps to reduce total cholesterol levels.
- Grapeseed Extract** - Helps reduce serum cholesterol levels.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.

Ellen White Quotes

“The future is before us, and unforeseen events will surely take place, changing the present aspect of things in the world. Lust and greed are striving for the supremacy. Oppression and hatred will be exercised to destroy. Inspired by a power from beneath, Satan’s instrumentalities will work with intensity to carry out his will. ‘The wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand’ (Dan. 12:10). Every truly converted soul will put on the whole armor of God, and will bravely face the unseen foe. God’s servants will realize the necessity of partaking of the divine nature. . . .” UL 177.

“I fear that aggressive warfare against the world, the flesh, and the devil has not been maintained. If we are going to exert a Christlike example, we cannot cheer on by a half-dead Christianity the selfish, covetous spirit of the world, sharing its ungodliness and smiling upon its falsehood. Nay! By the grace of God we are to be steadfast to the principles of the truth, holding firm unto the end the beginning of our confidence. We are to be ‘not slothful in business, fervent in spirit, serving the Lord.’ One is our Master, even Christ. To Him we must look. From Him we must receive our wisdom. By His grace we are to preserve our integrity, accepting the Word of God as our standard, and standing before the Lord in meekness and contrition.” UL 178.

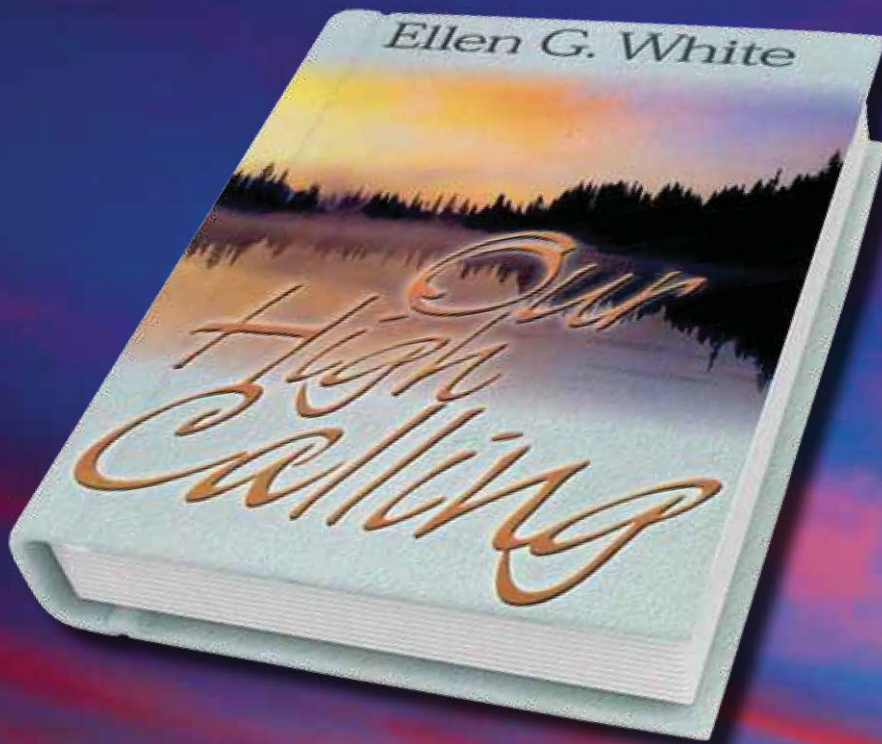
“Let us cherish the truth of God. Unless we are successful in obtaining eternal life, it were better for us that we had never been born. Let us not refuse to avail ourselves of the privileges that are ours through the sacrifice of Christ. Although equal with God, He came to this world to give His life for us. On the cross of Calvary, He died a death of shame, that He might make an atonement for the sins of those who receive Him as their Saviour. To those who receive Him, and believe on Him, He promises to give power to become the sons of God.” UL 179.

“I am instructed to say that we must not look to any human being for power or experience, depending on them for strength and guidance. Christ says, ‘Look unto Me. I am the Light of the world. He that followeth Me shall not walk in darkness, but shall have the Light of life.’ I speak to those who claim to be children of God. Is it not time that we know the Source of our strength and the Source of our power? Shall we not, from this time forward, make a record more pleasing to the Lord?” UL 181.

“God is our Father, and He will teach all who come to Him, realizing that their human wisdom is foolishness. As they take hold of His strength, and make peace with Him, living by His Word, He will unite His strength with their weakness, His knowledge with their ignorance, making them strong in Him. He will give them the care adapted to their necessities. Those who trust in Him as their Teacher will not stumble or fall.” Manuscript 88, June 18, 1902.

“We are to talk faith, practicing the very things we have asked the Lord to give us grace to do. Thus we work out our own salvation, trying to help and save those in trouble by faithful words and kind deeds. It is God which worketh in us, both to will and to do of His good pleasure. The finite and the infinite are to unite in accomplishing the work that needs to be done. God has pledged himself to supply us with strength, cheerfulness, pleasantness, and joyfulness in our Saviour. [When we are] abiding in Him, the word that would cast a shadow over others is left unspoken.” UL 185.





NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 557
HARRISBURG, PA

Hope International
P.O. Box 220
Knoxville, Illinois 61448



The great lesson of forgiveness must be more perfectly learned by all of us.... The greatest wrong we can do to others is to be unforgiving if we think they injure us in any way. This is a most dangerous position for a professed Christian, because just in the manner in which he treats his brethren so will the Lord of heaven treat him.

We need to have higher and more distinct views of the character of Christ.... We are not to think of God only as a judge and to forget Him as a loving Father. Nothing can do our souls greater harm than this, for our whole spiritual life is molded from our conceptions of God's character. We have lessons to learn of Jesus' love.

“Be ye therefore followers of God, as dear children; and walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.” Ephesians 5:1, 2. This is the height of the love we are required to reach. And the texture of this love is not tainted with selfishness.

Passage from “Our High Calling” page 176 available at
The Hope International Bookstore